

Frequently Asked Questions - General

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1. **Who should I contact to sign up?**

Please contact only the KHM Travel Agent that is approved by the OSMA for the group travel:

Judy Rector - Phone: 405-641-4359

E-mail: rector120@aol.com

2. **What credits do I get for the Seminar and when do I receive them?**

The Seminar is accredited for Continuing Medical Evaluation and for PLICO credits. Attendees will be required to sign attendance sheets, and fill out attestation and course evaluation forms. The Seminar Director will forward the forms to the OSMA CME Manager and PLICO for processing. The CME certificates will be mailed within a few weeks from the OSMA.

3. **When should I sign up for the Cruise Seminar?**

It is best to sign up at least 4-6 months before cruise travel date. This will provide you with the best cruise price and the lowest air fare. There will always be room for you in the course.

4. **What are my benefits?**

- a. **Education:** The most important benefit is continuing education in a relaxed setting with family.
- b. **Tax Deductibility:** We do not give specific information about Tax Deductibility. In general, the course itself is deductible if taken to maintain your license. However, you should obtain advice from a licensed tax consultant regarding tax deductibility as we do not provide such information.
- c. **Value of cruising:** Cruising is the best vacation value. It includes the lodging, all meals and entertainment, rest and recreation with your family enjoying scenery, while having time for continuing education in a relaxed setting.
- d. **Ship Facilities:** Everyone onboard can use all of the ship's facilities. The price of a cabin is based primarily on its size and location. Regardless of the category you book, you'll enjoy the same courteous service, menus, activities, and entertainment as everyone else onboard. The ship has plenty of room. It will probably take you two or three days just to discover everything that is on board.
- e. **Activities on Ship and in Ports:** You get the added adventure of exploring many exciting ports of call. Cruise ships are like floating resorts where you can lie back in a lounge chair, breathe in the sea air, soak up the sun, read good books, or watch the ever-changing seascape. You may join in exercise or dance classes, sports contests, practice your golf swing, take some fresh air on the jogging deck, swim, stretch out in the sauna or work out in the gym. You can also see a feature film, or attend an enrichment lecture by renowned experts, play backgammon or bridge. You may elect to go on shore excursions.

5. **What other costs are there beside the cruise and air fares?**

The only extra expenses will be drinks, optional shore excursions, and personal services such as massage or hairstyling.

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6. ***Do I need a passport?***

This depends on the type of cruise and your destination. You will need some proof of citizenship and identification. You will receive complete information on required documents well in advance of your departure.

7. ***What can I do in port?***

Cruising is the perfect way to sample a number of new destinations and try all the things you've ever dreamed of doing, while never having to pack and unpack. You can explore on your own or take a guided tour (often referred to as shore excursions). Please check the Shore Excursion by Clicking on the Link/Button for details. Activities include a variety of day trips, visit ancient ruins or hunt for shopping bargains, water-skiing boat, play golf, learn how to windsurf, sun and swim at some of the world's best beaches, fish, sail, snorkel, or scuba dive.

8. ***Do I have to participate in the activities?***

On a cruise, you do what you want, when you want. You can do everything or do absolutely nothing. It's your vacation. ***However, the OSMA-sponsored continuing education courses offered on board are monitored for attendance. You will only get credit for those hours that you actually attend.***

9. ***Do cruise lines welcome families with kids?***

Yes. Most cruise lines provide plenty of supervised activities for youngsters, especially during school holidays. If your children enjoy swimming, sports, games, movies, and the adventure of new places, they will love a family cruise. Children adapt to shipboard life with ease, and you would have to wonder what they are up to every minute. The ship youth counselors will help keep them busy and entertained. Children generally travel at a reduced rate.

10. ***What activities are there to do at night?***

At night, the cruise ship becomes very lively and active. There is dancing, live entertainment, nightclubs and lounges, feature films, and parties. There are many special events like the Captain's Cocktail Party, Passenger Talent Night, and other special events. Most ships also have casinos.

11. ***Is there a charge for entertainment?***

None for entertainment. In case of very special events such as wine tastings, cooking classes, there may be a small charge. But on the cruise vacation, the entertainment is on the house. There is no cover, minimum, or charge for an admission ticket. The shows are live, films first-rate and they are all included in your cruise fare.

12. ***Will there be people like me?***

Yes. People of all ages, walks of life and all kinds take cruises now. There singles, couples and families.

13. ***What should I pack?***

Pack like you would for any resort. Cruise vacations are casual by day, whether you are on the ship or ashore. In the evening, ships vary as to dress. Attire is dictated by occasion. At the Captain's Gala, for

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example, you'll probably want to wear something more formal, such as a dark suit, or cocktail dress; perhaps even a dinner jacket or gown.

14. ***Will I need a tuxedo?*** On some cruises, formal dinners or parties are part of the fun. But do not buy a tuxedo just for the trip. Even on the most formal of ships, a dark suit and tie are fine for the dressiest occasions. Many ships offer tuxedo rental services.
15. ***Can singles have fun on a cruise?***
Cruising is ideal for people traveling alone, because it is so easy to meet other people. Most ships have parties just for singles so you can get to know people right away. Some ships offer gentlemen hosts who can be dance partners, dinner companions or a fourth at cards. Most ships have single cabins as well as single rates for double staterooms. Many cruise lines will even find you a roommate to share a cabin so you can obtain the per person/double occupancy rate, saving you even more on a great vacation.
16. ***Can I use my hair dryer or shaver?***
Generally, cruise ships have 110 volt outlets in the staterooms and provide hairdryers.
17. ***What are different meal seatings?***
Some ships' dining rooms can accommodate all passengers in one "seating." But most ships have two seatings, which differ only by time. Typically 6:00 p.m. and 8:30 p.m. A newer seating concept is known by several names ("Freestyle" "As you wish") but it involves much more flexibility in dining times and location on the ship. Whichever seating you choose, remember that one of the best ways to make new friends is to ask for a large table. In addition, some ships offer alternative dining rooms, such as Italian, Chinese, Japanese or Southwestern themed restaurants, separate from the main dining room.
18. ***Is cruise ship dining as great as I have been told?***
Yes. Cruise ship dining provides varied selection of entrees (appetizers, salads, soups, vegetables, and desserts) every time you sit down. There is virtually no limit on what or how much you can order. You may, if you wish, choose low-calorie, healthy, vegetarian meals.
19. ***Can I get a special diet?***
Most ships can accommodate salt-free, low-carbohydrate, vegetarian, Kosher, or other diet preferences.
20. ***Do I need to have tablemates in formal dining?***
No. If you do not like your table, you may change by speaking with the maitre d' who will make every effort to seat you where you feel comfortable.
21. ***Are there non-smoking areas?***
Almost all ships have smoking and non-smoking areas and/or sections in the dining rooms and lounges. If you want your dining table in a non-smoking area, just inform your Travel Agent.

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22. ***Can we celebrate a special occasion?***

Most cruise lines will treat you to a complimentary cake and a chorus of "Happy Whatever" to honor the occasion. Your birthday or anniversary can be more festive with champagne, flowers, or canapés. You can even arrange for a special private party.

23. ***Is cruising right for honeymooners?***

Cruising offers an atmosphere that is just right for romance, cozy dinners for two, strolling on deck at sunset, dancing the night away (even under the stars). Some ships offer special programs for performing a marriage ceremony or renewing your marriage vows.

24. ***Can we stay in touch with the outside world?***

Most ships have a daily newsletter with news, headlines, stock quotes and sports scores. Staterooms on most ships are equipped with televisions. Ships usually have satellite telephones in passenger cabins. You can call someone on shore through the ship's radio officer while at sea. You can make phone calls from ports. Ships have fax capabilities.

25. ***What about tipping?***

A general rule of thumb is to plan for about \$3.00 per person per day for your room steward and dining room waiter, and about half that amount for your busboy. Other shipboard personnel can be tipped for special services at your discretion. Tipping is a matter of individual preference.

26. ***Are there medical services onboard?***

Every cruise ship (except for some smaller vessels operating in coastal waters) has a fully-equipped medical facility and staff to handle almost any emergency, including the capability of air evacuating patients.

27. ***Are there laundry services aboard ship?***

Cruise ships have self-service laundrettes, laundry facilities and provide dry-cleaning services. However, there is an additional charge for professional laundry and dry-cleaning services.

28. ***Are there meeting rooms onboard?***

Full-size ships has public rooms or a conference center to offer as meeting space for groups, and they offer audio-visual equipment or internet connections.

29. ***Can I extend my cruise vacation?***

Cruise lines feature special pre- or post-cruise hotel packages that allow you to extend your vacation in either your port of embarkation or debarkation. Tours can be arranged also in such ways as to blend seamlessly with your cruise vacation. Just ask your Travel Agent for assistance.

30. ***Is motion discomfort a problem?***

Popular cruise itineraries generally go on calm waters. Stabilizers on modern ships, advanced availability of accurate weather information, and development of effective preventative medications have minimized significantly the incidence of motion discomfort.